



Conz Street CHRONICLE



Donna Lastowski likes to work with watercolors, shown here and in photo below.

PHOTOS BY DENNIS LEE

Artist of month: Donna Lastowski

By SUZANNE WILSON
Chronicle volunteer

Donna Lastowski says that working on her watercolors often rekindles moments of childhood joy. It reminds her of the contentment she used to feel lying on the floor in front of the fireplace with a new coloring book, a box of brightly colored crayons at the ready — and unstructured time to fill.

“It was always so relaxing,” she said during a recent interview at her Huntington home.

These days, Lastowski finds a similar peace in creating scenes of simplicity and beauty: the layered petals of a glorious white peony on its stem; a stack of weathered clay



flower pots resting on a ledge; a spray of summer daisies in a Mason jar; a stand of birches in snow.

“It’s amazing what a blank piece of paper can turn into with water and paint,” she said.

Lastowski, who worked for many years as a hairdresser and cosmetology instructor, took up painting in 2004, at the urging of her sister, Carol Roberts, an artist who lives in Hatfield. Though she’d indulged her creative streak

over the years by doing various crafts, Lastowski was hesitant at first.

“I didn’t think I could draw,” she recalls. But something about the process of combining colors and shapes, shadings and shadows, clicked right away. Again at her sister’s urging, she took some of her first watercolors to a fall fair in Blandford and came away with a blue ribbon.

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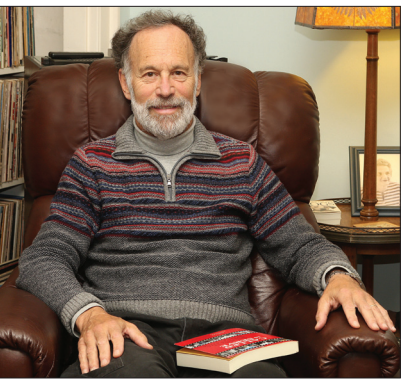
Author of month: Tom Weiner

By CAROL BEVAN-BOGART
Chronicle volunteer

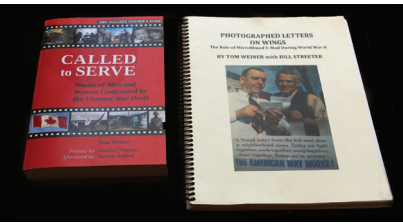
As an elementary school teacher and father of four, it took seven years for Tom Weiner to write his first book, “CALLED to SERVE: Stories of Men and Women Confronted by the Vietnam War Draft,” which was published by Leveillers Press in 2011. The book had been percolating in the author’s heart and mind for over 40 years and grew out of his commitment to capture the personal histories of those who were impacted by the draft during the Vietnam War.

Weiner wanted to create an in-depth, comprehensive collection of interviews that explored the panorama of experiences of those affected by the war and the decisions they made as young men and women; whether they chose to serve, were drafted, chose to leave the country or chose conscientious objection.

The personal narratives were so compelling that Weiner says that he “didn’t know when to stop.” The 61 interviews, which Weiner typed in the early morning hours before his family awakened and before he headed off to teach his students, affected him deeply. He gave those he interviewed



PHOTOS BY DENNIS LEE



editorial control over the content of their stories, which required many hours of back and forth between them and created a strong bond of friendship and camaraderie that has continued beyond the publication of the book.

One of the most difficult and painful decisions that Weiner had to make was to edit the stories to just the 31 interviews in the book. “It was unbearable to choose” stated Weiner. Determined to ensure that all 61 of the interviews could be read, he created a website and blog

where all the stories are posted. calledtoservevietnam.com/

In 2015, the book was adapted into a documentary play, “The Draft,” by Peter Snoad, which premiered in Boston and was shown at college campuses across the country. The play, available on DVD, through the Media Education Foundation, follows the stories of 10 men and women whose lives were changed by the draft. Using archival photos, film clips and music of the ’60s, the play brings the audience face to face with the repercussions of decisions made during a haunting era in American history.

Weiner’s recently published book entitled, “LETTERS ON WINGS: How Microfilmed V-Mail Helped Win World War II,” was written with Bill Streeter, a local businessman who died earlier this year. Weiner reflected on the experience of working with Streeter. “Bill was a Renaissance man and it was such an honor and privilege to know him and to work with him on this book.” The book tells the story of victory mail, (“V-Mail”), letters sent to and from soldiers on the front in WWII which were written on pre-printed forms, photographed onto microfilm and sent via airmail.

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An upcoming year of traveling adventurously

By Chronicle staff

From day trips to Boston and the Berkshires to longer excursions to Washington D.C. and the Black Hills of South Dakota, the Senior Center’s travel club is planning a full schedule of interesting, informative and fun-filled outings for 2018.



performed at Westchester Theater in Elmsford, NY. A full luncheon is included. Cost is \$125. There is a \$10 discount if paid in full by March 15.

May 8, Tuesday: Maggiano’s Cooking Demo & Lunch, and JFK Library Centennial Celebration. Learn tricks of the trade and enjoy a 3-course family-style luncheon. Then visit the JFK Library for its exhibit celebrating the late president’s 100th birthday. Cost is \$114. There is a \$10 discount if paid in full by March 27.

May 25-June 4: Mount Rushmore and the Black Hills of South Dakota, 11 days, via bus, \$950 with double occupancy. Roommates available. Fourteen attractions and sites galore. Pay in installments or pay in full by **Feb. 1** and receive a \$25 discount. \$100 Deposit. Trip insurance available.

June 21-Thursday: The Gilded Age of the Berkshires. Tour

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Francine Frenier, the Center’s Trips and Travel coordinator invites others to join some of the other 400 passengers who travel with the Northampton seniors. “Everyone from neighboring towns and folks of all ages are welcome,” she said. “Some of our trips offer a discount if paid in full to make the trip more affordable. By knowing the passenger count early, we can plan for tickets that need to be purchased well in advance. Payments for trips can be made in installments.”

The list below shows some of the trips that are planned for the coming year. For more information, and for updates, additions and changes to the schedule, check out the monthly editions of the Conz Street Chronicle.

April 26, Thursday: Sister Act, a musical comedy, will be



PHOTO BY DENNIS LEE

From left, Betty Musante, Barbara Kaczinski, Lorraine Weimann and Francine Frenier. Seated is Linda DeMercurio.

Northampton Senior Services Friends Association Bus Trip

WEDNESDAY JULY 18TH, 2018

GAME TIME: 12:00 PM - GATES OPEN: 11:00 AM

READING FIGHTIN' PHILS (DOUBLE-A AFFILIATE OF THE PHILADELPHIA PHILLIES)

VS

HARTFORD YARD GOATS (DOUBLE-A AFFILIATE OF THE COLORADO ROCKIES)

Enjoy a fun and enjoyable day and see the future stars of Major League Baseball.

Receive a tour of Dunkin' Donuts Park, a new state of the art Double-A Stadium, voted best stadium in the country.

Ticket Order Deadline: December 15th, 2017

Northampton Senior Center Bus Trip at Dunkin' Donuts Park

WEDNESDAY JULY 18TH, 2018

GAME TIME: 12:00 PM - GATES OPEN: 11:00 AM

Field Box Ticket with Bus Fee- \$37.00

Please Note: You will be able to pack and bring your own lunch, or have the option to enjoy the variety of concession stands at Dunkin' Donuts Park.

Sign up at the Senior Center, **67 Conz St** or call **413.587.1228** for more info.

Artist

Continued from Page 1

But when she’s asked what she gets from painting, Lastowski skips quickly over the ribbons and praise, and talks instead about the support and friendships she’s made. She’s taken watercolor classes in Westfield from instructor Cathy Guidetti, whose expertise is matched by her generosity: “She shares everything she’s learned with us,” Lastowski said. She and her classmates have formed close bonds: “I think we find strength in each other and learn from each other.” Her husband, John, has encouraged her artistic journey in ways both intangible and practical. Besides being the person she calls her coach and biggest fan, he pitches in to mat and frame her paintings.

“He’s always been there for me,” she said.

The two of them live on a rural hillside in a house they built 37 years ago. They raised their three children there, and are now grandparents to a large extended family of grandchildren and great-grandchildren.

At home, Lastowski paints in a spare bedroom that she converted into a studio. She works there every day, even if it’s just to sketch an idea or tweak a painting in progress.

When she’s done, “I leave everything set up, so I can go right back in and start again.” Her ideas often come to her in the quiet of night, she said, and so the next day the cycle begins again.

Sometimes the hours in her studio slip by unnoticed, just as they did when she was a child with a coloring book, lying by the fire. Painting still provides that contentment, she says, plus something deeper. In 2014, she was diagnosed with breast cancer, and went through a difficult course of treatment. Even at low points, she said, her watercolor classes and the company of her fellow painters boosted her spirit. “I was accepted the way I was.” And now, as she cares for her husband as he struggles with cancer, painting continues to sustain her.

“It can still take me to a serene place,” she said. “It can take you away, clear your mind and relieve stress, just by putting water and paint to paper. I really believe it’s helped a lot.”

A reception for Donna Lastowski’s exhibit at the Senior Center will be held Dec. 18 from 4 to 6 p.m. Her watercolors will be on view through December



A study in summer by Lastowski.

Travel

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Ventfort Hall and The Mount. Buffet lunch on terrace at The Mount. Cost is \$112. There is a \$10 discount if paid in full by May 7.

July 10 – Tuesday: Tour of Mark Twain Home and Wickham Gardens. Lunch at Promenade Shops on your own. Cost is \$74. There is a \$10 discount if paid in full by June 1.

June 26-28: Three-Day Tour to Lancaster, PA. Two shows, **Jesus at Sight & Sound** and **The Wizard of Oz** at Dutch Apple Dinner Theater and more. \$434 with double occupancy. Pay in installments or pay in full by April 5 and receive a \$25 discount. \$50 Deposit. Trip insurance available.

July 18, Wednesday: Hartford Yard Goats baseball game, a double A affiliate of the Colorado Rockies. Field box seats, tour of the state-of-the-art stadium and bus transportation included. Cost is \$37. Sign up required by December 15, 2017.

Sept. 7-11: Washington D.C., Five days, via bus, \$540 with double occupancy. Full day at the Smithsonian. Pay in installments or pay in full by June 1 and receive a \$25 discount. \$100 Deposit. Trip insurance available.

The Chronicle: Who we are

How can I receive the Chronicle?

Distribution of the Conz Street Chronicle alternates monthly between two formats. Every-other month, the paper is mailed directly to subscribers as a stand-alone, tabloid-style publication. On the 'in-between' months, the Chronicle is printed as an insert in the Daily Hampshire Gazette.

If you wish to receive stand-alone editions of The Conz Street Chronicle by mail, please call 413.587.1313 to be added to the mailing list. If you would like to receive these publications by email, please email vhunt@northamptonma.gov OR call 413.587.1313. The paper cannot be distributed both ways to the same individual; please choose one of the two distribution options.

For Northampton, Florence, and Leeds residents over the age of 60, the Chronicle is mailed free-of-charge. For non-residents or for individuals aged 55-59, there is an \$18 annual fee which must be paid in-person at the Senior Center or by mailed check (mail to: 67 Conz St., Northampton, MA 01060). Paperless email subscription is free-of-charge regardless of location or age.

If you currently receive the Conz Street Chronicle by mail and wish to switch your subscription to a paperless, electronic subscription, please email vhunt@northamptonma.gov or call 413-587-1313.

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The Conz Street Chronicle staff is made up of Senior Center volunteers and also receives assistance from many others. Contributors include staff from Senior Services and from other city departments and organizations.

All work is published at the editor’s discretion. Any opinions, or information about businesses, candidates or services do not constitute an endorsement or recommendation by the Conz Street Chronicle, The City of Northampton, the Northampton Senior Services or any of its employees.

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www.northamptonma.gov/1769/
Senior-Center
Hours: Monday-Friday
8:15 a.m. - 5 p.m.

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NCOA & Senior Center mission statement

Northampton Senior Services is dedicated to enhancing the quality of life for the city’s elders, ages 60 and over, with some programs and activities available to those 55-59 years of age.

Every elder is a valued member of the community and has the right to a life of dignity while maintaining a maximum level of independence.

To meet this goal, Northampton Senior Services identifies needs and provides a range of programs, activities and services to address those needs.

Northampton Senior Services serves as a community focal point around issues of aging and is a liaison to local, state and federal resources for elders and their families.

Author

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Not only did this shorten the time of delivery, but drastically reduced the space that regular mail would take and minimized the likelihood that the mail would get lost or fall into enemy hands. The book presents letters and testimony from those who served and those who were waiting on the home front for letters from their loved ones.

Not one to sit still in retirement, Weiner is currently working on a book about support groups and how they meet the needs of those who participate. Weiner has been a member of a local men’s support group for 30 years; the group has been meeting in Western Massachusetts since 1978. As part of his research for the book, he met with and interviewed members of a women’s support group that has been meeting for nine years. Originally formed in New York City, the members have dispersed to other cities and states but still meet via Skype, using technology to keep the group going strong. One of the support group members and interviewees, a young woman, now in her 30s, was one of Weiner’s sixth grade students at the Smith Campus School. “Not surprising”, he stated; “Coincidences like these

have happened all my life.” As part of his exploration of support groups, Weiner brought together members of the local group, who range in age between 58 to 67, and members of a Brooklyn, N.Y.–based men’s support group, ages 26 to 40 years, who have been meeting for a couple of years. Since their first joint meeting, the men committed to meet regularly and organized an annual retreat, where they share their stories from a generational perspective and exchange ideas on how to make the most of their experiences. Excerpts from their dialogue were published in an article entitled, “When Two Generations of Men’s Groups Meet”, in the October issue of the magazine, Voice Male. voicemalemagazine.org/two-generations-mens-groups-meet/ Recently retired from teaching at the Smith Campus School, Tom Weiner describes himself as a father, grandfather, social justice activist and author. Wittingly, he referred to the new growth on his chin as an “R & R” beard: standing for “Retirement and Resistance” and stated emphatically that he is “not stopping.” **Tom Weiner will read from his book on Wednesday, Dec. 13 at 7 p.m. at the Center.**



EARN Leadership Team members Ellen Dickinson, left, and Marianne Beach welcome senior job seekers to the job fair.

EARN job fair leads to job offers

By HEATHER J. JOHNSON, EARN Leadership Team

On Thursday morning, Oct. 19, the Northampton Senior Center lobby and Great Room were crowded with job seekers over age 50. They were attending the first senior job fair sponsored by *EARN*, the Employment After Retirement Network, and the Franklin Hampshire Career Center. More than 75 job seekers attended the job fair, which resulted in job offers for 20 of the attendees. Some of the employers

at the Job Fair included United Personnel, Seniors Helping Seniors, ServiceNet, North Hadley Sugar Shack, Community Tax Service, Community Action and others. The employers were very enthusiastic about the job fair and expressed interest afterward in coming to future job fairs for older workers. *EARN* and the Career Center will be sponsoring another one in the spring that will feature more local employers offering an even wider range of job opportunities.

EARN, the Employment After Retirement Network, is a new initiative of the Northampton Senior Center. It was formed by local area seniors to meet a growing need among seniors to find paid employment in order to make ends meet and maintain an adequate quality of life. Besides the job fair, *EARN* offers free job searching workshops in collaboration with the Career Center and periodically holds networking events to provide information and support to older job seekers.

FYI

Submissions for this listing of events and information for seniors can be emailed to: svol@northamptonma.gov

Holiday stroll

Northampton's Holiday Stroll along Main Street will be held Dec. 2 from 5 to 8 p.m. The Senior Center will provide hot chocolate and cookies at the stroll.

Holiday dinner

It’s that time of year again. We are preparing for our annual Holiday Dinner celebration. The event will be held on Sunday, Dec. 10, from 11:30 a.m. to 1:30 p.m. Meal served at noon. Enjoy a delicious holiday meal, great company, and musical entertainment. Tickets are \$10 for Northampton seniors with a scan card and \$15 to all others. For information, call 587-1228.

December CLOSINGS

The Northampton Senior Center will be CLOSED on the following dates in December:
CLOSED Friday, Dec. 22
CLOSED Monday, Dec. 25

Van shopping trips

The Northampton Senior Services Transportation Program is now offering regular weekly shopping trips. Each Tuesday there is a group shopping trip to Big Y, and each Thursday a group shopping trip to Stop & Shop. Pick-ups at home occur between 9 and 10 a.m. Riders are dropped off at the shopping location at about 10:30 a.m. and will have approximately 90 minutes of shopping time. Riders will get back on the van around noon and be dropped off between noon and 1 p.m. Trips cost \$2 (round-trip), payable in cash at the time of the trip. There is a three- grocery bag limit.

Winter fuel assistance offered

Winters are harsh. You work hard. Heat is expensive. The cost of staying safe and warm can be too much. There is help available to pay your heating bills through the Low Income Home Energy Assistance Program (LIHEAP or commonly referred to as Fuel Assistance). LIHEAP provides eligible households with help in paying a portion of their winter heating bills. Currently, the program is funded by the federal government through the Office of Community Services (OCS), Division of Energy Assistance (DEA). The program is managed by the MA Department of Housing and Community Development (DHCD) in conjunction with over 20 Community Action Agencies, other regional non-profits and local government agencies. This fuel assistance program is a critically important federally funded initiative that helps protect public health and safety by ensuring that lower income families and individuals have safe access to home heating fuels that will keep them warm. Homeowners and renters are eligible – including households whose cost of heat is included in the rent and not subsidized. Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older. Household income cannot exceed 60 percent of estimated state median income. Contact Community Action of the Franklin, Hampshire, and North Quabbin Regions, 413-774-2310.

Next round of Senior and Veteran Tax Work Off program set to begin

The Northampton Senior and Veteran Tax Work Off program is accepting applications for the next program year. The program allows income-eligible seniors and veterans to earn up to a \$1,000 abatement off their property taxes in exchange for volunteering in city departments and agencies. The Senior Citizen Tax Work Off Program is open to seniors age 60 and older, who own property in and pay real estate taxes to the City of Northampton. Income limits for the 2018 program follow the Massachusetts Median Income levels. The Veteran Tax Work Off Program is open to veterans, (as defined by MGL Ch 4 §7 clause 43), regardless of income limits, who own property in and pay real estate taxes to the City of Northampton. Participants in either program must complete 91 hours of service in the program year. This current program year runs from Jan. 1, 2018 to Oct. 31, 2018. Interested seniors and veterans can complete an application online or pick one up in person at the Assessor’s Office, Senior Center or Veterans Services Office. Applications for this program year will be accepted on a rolling basis, or until all spaces have been filled.

Low vision support group holiday party will be Wednesday, Dec. 6 from 10 to 11:30 a.m. Musical performance by Pat Kapitzky, vocalist and pianist. She will entertain us with a wonderful selection of popular holiday piano music followed by a sing-along of carols. Light refreshments will be served.

More information on the program can be found by visiting <http://northamptonma.gov/1456/Senior-and-Veteran-Tax-Work-Off-Program> or by contacting the Senior Center at 587-1228 or Veterans Services at 587-1299.

Beware of the Medicare back brace scam

Scammers may pretend to represent insurance or healthcare companies. There is a new twist: calls from “Medicare,” claiming to have your new back brace. Protect yourself from healthcare scams:
- Medicare should already have your basic information: If Medicare or another governmental organization contacts you, they should already have your name, address and other basic info. A call claiming you have been identified for an offer (but doesn't have your name or other information) is probably blasted out to thousands of phone numbers.
- Never share your Medicare number with an unsolicited caller. Treat your Medicare number like your credit card info. Do not share it with unsolicited callers.
- Check BBB Tips: For more info, check bbb.org/healthcarescam. To report a scam, call the consumer protection unit at the NWDA at 586-9225 and go to BBB Scam Tracker (bbb.org/scamtracker).

Tax-aide program volunteer opportunity

AARP Foundation Tax-Aide is the nation’s largest volunteer-run tax preparation and assistance service. And we want you to join us. Please volunteer as a tax counselor and work with area residents in preparing their tax returns on the computer. Basic computer skills and some experience in filing your own tax returns are helpful, along with a willingness to make a one day per week time commitment during our 10-week tax season. Hands-on training is provided in the classroom, and we have experienced counselors to assist at all sites. Please fill out an application to become a part of this invaluable team: www.aarpfoundation.org/TaxaideVolunteer. For questions or additional information, please contact Lary Grossman, email: elg@BradyGrossman.com; or Michael Quinlan, email: Jintssb51@yahoo.com.

Elder abuse focus of gathering

"You've won a free trip!" "This is the IRS, pay us now or you'll go to jail!" "Help! I've been arrested! Send money!" Are you or someone you know getting scam calls like these? The Consumer Protection unit from the District Attorney's Office will give you tricks to spot these fraudsters and save your money on Dec. 7. From 1 to 3 p.m. at the Northampton Senior Center you are invited by the District Attorney's office to an important gathering. According to the National Council on Aging, approximately 1 in 10 Americans over 60 have experienced some form of elder abuse. Some estimates range as high as 5 million elders who are abused each year. One study estimated that only 1 in 14 cases of abuse are reported to authorities. In August of 2017, the National Association of Attorney Generals announced an initiative to combat elder abuse, calling it the "silent epidemic of our time." Come hear from a representative from District Attorney David E. Sullivan's Elder and Persons with Disability Unit to learn tips and strategies to protect yourselves and those around you from abuse and financial exploitation. You'll also receive a free bag with literature from the office.

'Share the Love'

Highland Valley Elder Services, Inc. of Northampton is proud to announce an event this holiday season to help put an end to senior hunger. This local effort is part of the Meals On Wheels America’s participation in the national Subaru of America, Inc.’s 10th “Share the Love” event, designed as a way for Subaru dealers to give back to their local communities. This year’s event runs until Jan. 2, 2018. For every new Subaru sold or leased during “Share the Love,” Subaru will donate \$250 to the customer’s choice of charity, including Meals On Wheels America. Meals on Wheels America distributes the funds to local Meals on Wheels providers within the same state as the dealership where the customer bought the car, keeping the money local. Over the past eight years, proceeds from the event have provided much-needed funds for Highland Valley Elder Services’ Meals On Wheels program which delivers around 500 meals to elders in 24 Hampshire and Hampden county towns every day.

Services,
special programs

Mondays
9 a.m. - 1 p.m.: 30-Minute Reiki Sessions with Reiki Master, Bob Nelson, RN. By Appointment Only - visit front desk to schedule. \$20—\$25 per 30-minute session (payment due at time of sign-up).

Tuesdays
10 a.m.: Walking Group: Join them Tuesday and Thursday mornings.
1 - 3 p.m.: Interfaith Help Fund
3:45 – 4:45 p.m.: Healthy Bones & Balance. A low-impact strength training program that helps lower risk of injury, increase mobility, improve energy, prevent falls, and build balance is in the works.
Call the front desk at 587-1228.

9 a.m. - 1 p.m.: Shopping trip to Big Y with the Northampton Senior Services van. Call 584-7979 to sign up.

11:30 a.m. - 1:30 p.m.: Lunch service in Mary’s Bistro.

Thursdays
4 - 5 p.m.: Beginner Tai Chi (new class)
9 a.m. - 1 p.m.: Shopping trip to Stop & Shop with the Northampton Senior Services Van. Call 584-7979 to sign up.
11:30 a.m. - 1:30 p.m.: Lunch service in Mary’s Bistro.

Wednesdays & Thursdays
SHINE Appointments—by appointment only; call Center to schedule.

Fridays, Noon - 4 p.m.
Benefits Counseling Appointments, by appointment only - call 586-2000 to schedule.

Friday, Dec. 1
8:30 a.m. - noon: FootCare by Nurses Clinic. By appointment only. Call the front desk at 587-1228 to schedule.
1:30 p.m.: Photo Club

Tuesday, Dec. 5
10 a.m.: Blood pressure clinic. Walk-ins welcome.

Wednesday, Dec. 6
10 a.m.: Low Vision Group
Call for intake: 587-1226.
9 a.m. - 1 p.m.: Come shopping with the Northampton Senior Services van. Cost of the trip will be \$5 and seating is limited. Contact Jennifer Carbery for more information 584-7979.

Thursday, Dec. 7
1 - 3 p.m.: Presentation on Elder Abuse and Scams. Hosted by the DA’s Office. Free and open to the public.

Friday, Dec. 8
10:30 a.m.: Challenges of Aging with Grace. Join us for this support group focusing on aspects of aging like health, finances, identity, interests, wisdom and more.
1:30 p.m.: Chess

Sunday, Dec. 10
11:30 a.m - 1:30 p.m.: Holiday Dinner. Enjoy a delicious holiday meal, great company, and musical entertainment. Tickets are \$10 for Northampton seniors with a scan card and \$15 to all others.

Wednesday, Dec. 13
1:30 p.m.: Lap Quilt Project
7 p.m.: Author of the Month Reception—Tom Weiner.

Thursday, Dec. 14
10 a.m.: Brown Bag
1 p.m.: Readers & Thinkers

Friday, Dec. 15
10:30 a.m.: Nutritional Outreach

Tuesday, Dec. 19
Foot Clinic, by appointment only.

Wednesday, Dec. 20
7 p.m.: Mystery Book Club meeting

Friday, Dec. 22
The Senior Center is CLOSED in observance of the Christmas holiday.

Monday, Dec. 25
Please note that the Senior Center is CLOSED in observance of the Christmas holiday.

NORTHAMPTON Senior Services				
DECEMBER 2017 PROGRAM CALENDAR				
Monday	Tuesday	Wednesday	Thursday	Friday
8:20 Dynamic DVD Fitness	8:45 Strength & Stretch	8:20 Dynamic DVD Fitness	8:45 Strength & Stretch	8:20 Dynamic DVD Fitness
9:30 Low Impact 1	9:30 Cup of Conversation	9:30 Low Impact 1	10:00 Stretch & Tone	9:30 Low Impact 1
10:00 Creative Writing 1	10:00 Walking Group	10:30 Low Impact 2	10:00 Drop-In Tech Help	10:30 Low Impact 2
10:30 Low Impact 2	10:00 Caregiver Support Group*	11:30 Beginner Tap	10:00 Wisdom Project	10:30 Aging with Grace 12/8 ONLY
1:00 Needle Workshop	10:00 Stretch & Tone	12:30 Cribbage	10:00 Knitting Drop In	12:00 Duplicate Bridge
1:30 Learn to Meditate	12:00 Duplicate Bridge	1:00 Scrabble	11:30 Mixed Level Tap	12:30 Dewey the Therapy Dog
1:30 Creative Writing 2	12:30 Sewing Workshop	1:00 Timeless Tunes	12:00 Contract Bridge	1:00 Gentle Chair Yoga
2:00 Coloring for Adults	1:00 Pitch	1:00 Zumba Gold	12:30 Advanced Beginner Tap	1:00 Senior Gay Men's Drop-In Group
2:45 Free Tai Chi BEGINNER LEVEL	2:45 Tuesday Tea	2:45 Feldenkrais	1:00 Mahjongg	1:30 Photo Club Dec. 1 ONLY
	3:45 Healthy Bones & Balance	2:45 Free Tai Chi	3:00 Pitch	2:45 Yoga
			1:30 Intermediate Tap	2:45 Free Tai Chi
			1:30 BINGO	
			2:45 Tai Chi	
			4:00 Beginner Tai Chi	

Programs marked with an asterisk (*) run in sessions and require registration prior to the first class in the upcoming session. All other classes are ongoing and require sign up at the front desk.



December’s movie:
‘It's a Wonderful Life’

After George Bailey (James Stewart) wishes he had never been born, an angel (Henry Travers) is sent to earth to make George's wish come true. George starts to realize how many lives he has changed and impacted, and how they would be different if he was never there. Rated PG. Two hours, 15 minutes. Airing at 1:30 p.m., Monday, Dec. 18.